

Cape Cod National Seashore

No Child Left Inside Fall Symposium

National Park Service
U.S. Department of the Interior



No Child Left Inside is a national movement that presents a strong argument for reintroducing children to the outdoors for their physical and psychological well being. Cape Cod National Seashore invites you to join us in programs focused on exploring and experiencing nature. All programs are free, and require reservations. Call Salt Pond Visitor Center at (508) 255 - 3421 x 0 for meeting location and to register. Participating kids will earn special rewards!



Thursday, October 11, 3 - 4:30 PM. No Child Left Inside - A presentation and discussion on the nationally-recognized trend that children have less exposure to the outdoors and less free play time, and the possible consequences. Presented by Kris Scopinich, Education Manager for Massachusetts Audubon's Drumlin Farm Sanctuary, and president of the New England Environmental Education Alliance. For educators, youth group leaders, parents and caregivers. Takes place at Salt Pond Visitor Center, Route 6 and Nauset Road, Eastham. ♿

Saturday, October 13, 2:30 - 4:30 PM. Uncovering Nature's Secrets - Hands-on outdoor activities with Park Ranger Jenna Sammartino aimed at finding nature's secrets, including how to create a journal to chronicle these discoveries. For families with school-age children.



Thursday, October 18, 3 - 4:30 PM. Instilling a Sense of Wonder - Nature's marvels and mysteries can be found in backyards, schoolyards, neighborhood parks, or national parks. Park Education Specialist Barbara Dougan will share resources, tips, and tricks of the trade for mentoring youngsters in nature exploration. For educators, youth group leaders, parents and caregivers. Takes place at Salt Pond Visitor Center, Route 6 and Nauset Road, Eastham. ♿



Saturday, October 20, 2:30 - 4:30 PM. Nature's Grocery - Learn how to gather food from the wilds of Cape Cod just as early settlers and Native People did for generations. Program includes shellfishing with Park Ranger Dana Eldridge and berry picking with Park Ranger Sue Haley. For families with school-age children.

Thursday, October 25, 3 - 4:30 PM. Be Prepared! - Follow the Scout motto to ensure a safe, sound, and ethical outdoor adventure. Join Whitney Schwartz from Eastern Mountain Sports of Hyannis and Park Ranger Brent Ellis and learn about weather, orienteering, and *Leave No Trace* principles. Ms. Schwartz has extensive wilderness leadership experience and is a wilderness first-responder for emergency medical care. For educators, youth group leaders, parents and caregivers. Takes place at Salt Pond Visitor Center, Route 6 and Nauset Road, Eastham. ♿



Saturday, October 27, 2:30 - 4:30 PM. Nature Detectives - Discover some of the clues that nature provides to identify the plants and animals around us. Learn about animal tracks, plant ID, and habitats with Mary Richmond, teacher/naturalist for Massachusetts Audubon at Wellfleet Bay Wildlife Sanctuary. For families with school-age children.

Saturday, November 3, 6:30 - 8 PM. Things That Go Bump in the Night - Nighttime doesn't have to be "frighttime." Join Park Ranger Sue Haley and discover what's lurking (and working!) on this after-dark outdoor adventure, followed by true Cape Cod ghost stories shared around a campfire. For families with school-age children.



Support for these programs is provided by the Massachusetts Audubon Society, Eastern Mountain Sports in Hyannis, Friends of the Cape Cod National Seashore, and Eastern National.